



The Ultimate Omelette

 Vegetarian  Gluten Free

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

402 kcal

- MORNING MEAL
- BRUNCH
- BREAKFAST
- LUNCH

Ingredients

- ☐ 1 stick butter
- ☐ 1 bunch chervil finely chopped
- ☐ 1 bunch chives finely chopped
- ☐ 18 eggs per person
- ☐ 0.5 cup heavy cream
- ☐ 6 servings roasted mushrooms and watercress
- ☐ 1 tablespoon sea salt
- ☐ 1 tablespoon peppercorns white crushed

Equipment

- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ spatula

Directions

- ☐ Special equipment: 1 (9-inch) non-stick saute pan
- ☐ Heat resistant spatula 4-ounce ladle
- ☐ Preheat the oven to 450 degrees F.
- ☐ To clarify the butter, put it in a small pot over low heat and slowly bring to a simmer. Cook over low heat until the butter separates. When the milk solids fall to the bottom and the golden butter- fat rises to the surface remove from heat. Set aside
- ☐ Crack the eggs into a medium mixing bowl and pour in cream.
- ☐ Add pepper and whisk until well incorporated and foamy.
- ☐ Preheat the pan over medium heat. When the pan is heated, add 2 or 3 tablespoons of clarified butter. Turn the heat down slightly. Using a 4-ounce ladle, add 1 ladle of eggs into the pan. Using a spatula, start stirring quickly.
- ☐ Once the eggs begin to set, stop stirring.
- ☐ Put the pan in the oven and cook for 1 1/2 minutes. When you remove the omelette from the oven it should still have a soft custard touch.
- ☐ Sprinkle with chopped herbs, a pinch of sea salt and cracked white pepper.
- ☐ Serve with roasted mushrooms and watercress.

Nutrition Facts



 **PROTEIN 17.82%**  **FAT 78.29%**  **CARBS 3.89%**

Properties

Glycemic Index:21.17, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:15.172608645066%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 402.1kcal (20.11%), Fat: 35.1g (54%), Saturated Fat: 18.39g (114.95%), Carbohydrates: 3.93g (1.31%), Net Carbohydrates: 3.11g (1.13%), Sugar: 1.11g (1.23%), Cholesterol: 553.94mg (184.65%), Sodium: 1477.93mg (64.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.97g (35.95%), Selenium: 41.88µg (59.82%), Vitamin B2: 0.66mg (39.05%), Vitamin A: 1582.02IU (31.64%), Phosphorus: 288.97mg (28.9%), Vitamin B5: 2.11mg (21.12%), Vitamin B12: 1.24µg (20.65%), Vitamin D: 2.96µg (19.73%), Iron: 3.14mg (17.43%), Folate: 68.17µg (17.04%), Vitamin E: 2.01mg (13.38%), Zinc: 1.92mg (12.83%), Vitamin B6: 0.25mg (12.44%), Calcium: 117.37mg (11.74%), Manganese: 0.18mg (8.85%), Potassium: 275.91mg (7.88%), Copper: 0.13mg (6.53%), Magnesium: 21.96mg (5.49%), Vitamin B1: 0.06mg (4.31%), Vitamin K: 3.77µg (3.59%), Fiber: 0.82g (3.29%), Vitamin C: 1.71mg (2.07%), Vitamin B3: 0.24mg (1.19%)